USL MEN'S QUARTERLY

ISSUE 6

IRYNA IVANOVA

THE SWIMSUIT/LINGERIE ISSUE

INSIDE: KASS DYLAN // JEN WILKE // VALYA ROMANOVA
PLUS ESSENTIALS FOR HIS CLOSET & MEN'S GROOMING

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USL MEN'S QUARTERLY

THE SWIMSUIT/LINGERIE ISSUE

ISSUE 6

THE SWIMSUIT LINGERIE ISSUE

In the 6th issue, we wanted to give our male readers the ultimate bliss. And continuing the pledge to editorialize sexy, smart, women, USL Men's Quarterly continues to give the readers exactly what they want.

This Swimsuit/Lingerie Issue boast cover model Iryna Ivanova, who herself has graced the pages of many well-known publications. New-comer Valya Romanova takes a night cruise in her sexy lingerie and get wet-and-wild in the waterfall. .

Aside from the sexy female models, we want to keep the guys looking great, so we have essentials for his closet and grooming recommendations.

Photography By Steve Brokaw

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USL MEN'S QUARTERLY

THE SWIMSUIT/LINGERIE ISSUE

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Made by Elizabeth Thompson

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USL MEN'S QUARTERLY

THE SWIMSUIT/LINGERIE ISSUE

WHO IS IRYNA IVANOVA

Iryna Ivanova is the Playboy Playmate of the Month for August 2011. Ivanova was born and raised in Feodosia, Crimea, and then as a teenager (age 16) emigrated to the U.S.[13] Prior to her pictorial, she was a student at the University of Arizona studying to earn her MBA. At the time her ambitions were to earn a PhD and become a fashion consultant.[14] In addition to modeling, she is a Russian-English interpreter and works as a cage girl for the World Fighting Federation in Phoenix, Arizona. -wikipedia

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ISSUE 6
USLQUARTERLY.COM
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PLUS ESSENTIALS FOR HIS CLOSET & MEN'S GROOMING

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IRYNA IVANOVA

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ON THE YACHT

VALYA ROMANOVA

MIDNIGHT CRUISE & WATERFALL

Photography By Chris Fisher & Peter Urban

Connect with Valya Romanova at Facebook.com/ValyaModel

NO PİTTY FOR THE FRİEND ZONE: NİCE GUY VS DOUCHE-BAG

By Chris Mobley

You hear it all of the time. Guys saying things like "She says that she's looking for a nice guy, and İ'm a really nice guy, why doesn't she want me?" or "She says she likes me because İ'm nice, kind and sweet, and she wishes she could find a guy like me. So why does she make me just a friend and dates the assholes?" You also hear females saying stuff like "Oh my god, İ know İ'm hot, why does he act like he's not interested?" or "Why does every guy İ date always expect to have sex on the first date?" There are different names for this. For males it's called the friend-zone, in the women's case, it can either be the friend-zone or the sex-zone, where the only thing guys look for in you is sex. Contrary to popular belief amongst the friend-zoned and sex-zoned, there are pretty good reasons why you might find yourself in these situations and why you should nobody should pity you for it.

Most guys say all the time that their love interest "Always says she's looking for someone nice, but she always goes for the douche-bag and keeps me in the friend-zone." Okay, while women do look for a guy who can be nice, sweet, sensitive and caring, that can also lead to your downfall while pursuing this certain female. The reason that women put you in the friend-zone when you tried your best to be the nicest guy you can be is simply because you are just too nice. You being so nice and understanding all of the time almost makes it seem like you use kindness to compensate for your lack of a backbone. Or at least that's how she sees it. For example, you have a new hot girl that you are trying to hook up with, and you regularly talk on the phone with her. She frequently talks about her ex and how much of an asshole he is and probably spends at least 30 minutes out of the whole conversation talking about how bad the men in her past were. Now here comes the part where you end up putting yourself in the friend-zone. İn the middle of the conversation, she says something like "Oh, you like MMA (mixed martial arts)? My ex-boyfriend trained MMA, and he was such a douche." That is usually when you should kind of ask why the guy was a douche and if she wants to talk about it. Now if you let her tell the story, then end up letting her ramble on and on about all the different things the ex-boyfriend did for about a whole hour, then congratulations, you just became that friend who is a really good listener. İnstead of just listening, either 10 minutes into the story or as soon as she named the act that makes her ex-boyfriend such a bastard, you should stop and say something like "Yea, that guy really is a douche, but you shouldn't even think about him anymore, just know İ wouldn't do that." İt's best if you just don't even let her get into talking about exes until you know you're not going into the friend-zone by letting her know that she should be focusing more on how good of a boyfriend you are by not letting her even think about her ex while she's having a conversation with you. Because, a woman wants a man who is going to be able to handle to situation and defend her (even if she can handle herself) if a guy decides to disrespect her in front of you, whether its a random jerk or her ex. She puts you in the friend-zone for being that super nice, friendly, really good listener because in that type of situation, just letting the guy disrespect her without harsh retaliation and the only thing you can do is listen to her talk about it later really isn't worth a damn.

İf you are a female and wondering why a guy only wants to have sex or, sex is the first and only thing on the minds of men that you date, even though you try your best not to provoke, and then it might be because you are boring or because you are teasing and just don't want to admit it. Now to be fair, if you

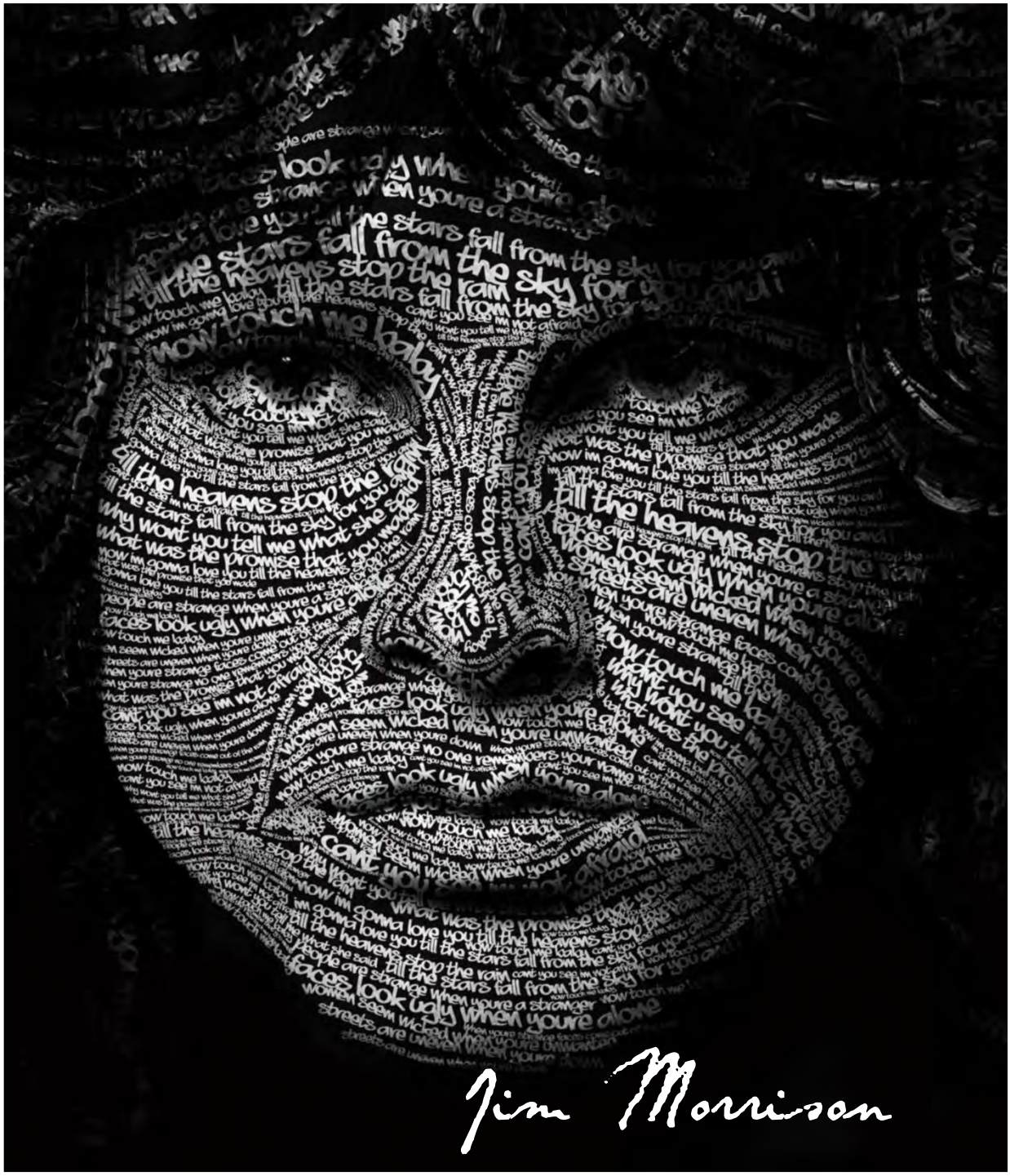
decide to meet the guy for coffee and within five minutes he's trying to grope you even though you never mentioned sex or anything and probably told him to stop already, then he's a pig. If you invite a man over to your house to talk at a reasonable hour and try to have a decent conversation, but he can't even concentrate because he's looking at your body the whole time, even though you have on a turtle neck, then he might be a horn-dog. But, if you call a man at 10:30 at night saying that you are bored, or sad, or lonely, and when he shows up, you don't say anything worth having a conversation about, you say that you don't want to go out and do anything, you just sit there on the couch looking dumb despite all of his efforts to try to find something worthwhile to do or talk about besides sex. Guess what is going to be on his mind? BINGO! Sex for 200 points! Now if the guy tries to force himself on you or rape you, then yes you have every right to knee him in the crotch and kick him out. But if after doing everything I name in the past few sentences, and the guy genuinely tried his best to not try to instantly bring up sex before finally getting bored and fed up with the awkward silence and said "Why don't you come a little bit closer?" or "Do you want to cuddle up under the blanket?" then you really can't blame the guy nor be mad at him for it. The fact is (assuming that the guy isn't captain pervert) that if you had agreed to go out with him or at least tried to have an interesting conversation with him, he would have talked to you for hours without even thinking about sex (trust me ladies it does work). The same thing goes for first dates. If don't want a guy to constantly hint at having a little "hot coffee" at the end of the night or constantly trying to feel you up for the entire date, try to ask questions and talk about something that will have be interesting and make him want to talk about something besides sex. I mean seriously, if the guy asked you out on the date a few days prior to the actual date, then you should be able to think of some better questions than "So what's your favorite color?" or "So do you ever watch Mob Wives?"

Now to address the "friend-zoned" guys who always want you to feel sorry for them. The ones who want you to believe that the girl is a heartless stupid bitch and the guys that she dates are douche-bags. The true fact is that this guy really isn't any better than the so-called "douche-bag". Now this guy may be super sweet and nice to the girl and do a lot of favors, but let's look at this for what it really is. The lonely friend-zoned guy will do the girl who friend-zones him major favors as well loan her money all the time, even though he rarely ever does this for his guy friends or regular female friends. Why? Because he feels like by doing all of these favors, one day the girl is going to "realize" that she owes him sex or at least a date for everything he has done. These types of guys always complain about how, the next guy is going to be an asshole and is openly more cautious than the female. Even if the girl he's in the friend-zone with has a decent guy, he will constantly try to give her reasons to break up with him or second-guess the relationship. He will blow every small thing his rival does out of proportion to make the girl see something wrong with the situation. He might go as far as to say crazy things like "He said he's having a guys night out? Didn't he have one of those 3 months ago? What does he do on his guy's night out? Play video games? I'm just saying this as a friend, but he should care more about you than the stupid video games and douche-bag friends." Now does that sound kind of irrational? It doesn't matter to this particular brand of friend-zone guy, because not only does he think, he knows, hell he's even counting on the new boyfriend being the douche-bag who really hurts his female friend so that he can play the "nice guy who she never gave a chance" swoop in while she's vulnerable, and get what he's been wanting all of time. Now I'm saying that every guy in the friend-zone is like this, but for the guys who are like the asshole that was described above, who uses favors and money to buy the affection of his crush and waits for some guy to hurt the poor girl so that he can take advantage while she's vulnerable, you are no better than the true douche-bags who leave the girl hurt. By the way, women in the friend-zone can be guilty of this also. So just let that sink in.

So there you have it folks, two reasons why you might get friend-zoned and an example of the worst type of friend-zoned person you can be. It's never good to be in the friend-zone. Sometimes it can be heartbreaking. But sometimes, it might be your own fault that you are in the friend-zone. So the best advice for the friend-zoned guys and sex-zoned females: Have a backbone and assert yourself, try to actually be interesting and for the love of god, if you find yourself in the friend-zone after more than a couple of months, just let the person go instead of constantly hoping that they will get their heart broken so you can get your opportunity.

"MOST GUYS SAY ALL THE TIME THAT THEIR LOVE INTEREST "ALWAYS SAYS SHE'S LOOKING FOR SOMEONE NICE, BUT SHE ALWAYS GOES FOR THE DOUCHE-BAG AND KEEPS ME IN THE FRIEND-ZONE."

My İnspiration was my love for music. İ'm a big fan of hip hop, love every aspect of the music, lyrics, beats, flows etc. İ picked my favorite songs of that artist and decided to create their portraits from the lyrics, which came out looking good. İ did a series of artists like Snoop Dogg, Tupac, Amy Winehouse, Jim Morrison... and İve just finished doing Ray Charles. -Mike McCabe



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SPORTS/ENTERTAINMENT

RETIRED DETROIT LIONS PLAYER
LAMAR CAMPBELL

By Patrick Kelly

Many professional athletes are going belly-up after a few years in retirement. Why is that? Why are so many of them African Americans who played the game well, were once superstar athletes with millions of adorning fans and are now just "regular broke folks?" Is it just blatant mismanagement of funds, Bad investments, baby mama drama or are they still trying to live the superstar lifestyle on a prime rib diet?

While some do have that infamous baby mama drama (Terrell Owens on back child support), there Is no reason why these athletes should be broke after earning millions of dollars during the span of their careers. Take retired Major League Baseball player Otis Nixon for instance. He was just arrested in Atlanta for crack possession, and could not come up with $11,000 for his bail. Mind you, Otis earned aproximately 19 million dollars from 1989 to 1999. Former "Dirty Bird" Atlanta Falcons star Running Back Jamal Anderson, who earned over 70 million dollars during the span of his NFL career, just lost his 10 bedroom mansion in Atlanta due to foreclosure. And Terrell Owens, former Dallas Cowboys star Wide Receiver, earned an approximate 54 million dollars during his NFL career, yet he's doing community service because he can't pay his back child support. But the clincher is Philadelphia 76ers star Guard Allen Iverson. This pro athlete earned a whopping 150 million dollars during the span of his career and now he's crying in Black Enterprise that he's so broke, he can't afford a hamburger. Honestly, I wished these pro athletes had taken a page from former Detriot Lions Defensive Back Lamar Cambell. He wasn't privy to superstardom or having a multi-million dollar contract, but he got his head in the game, created a plan for himself so he could transition from the NFL to real life; he got a business degree from Wharton's.

WHY ARE PRO ATHLETES GOING BROKE AFTER THE GAME?

Let's talk about the nest egg. It really doesn't matter if you're making $200,000 or $4,000,000 a year, you do have a lot of athletes who go into pro sports making all this money, but don't have the financial literacy to invest properly and spend wisely. When their career is over, a lot of them are broke as hell. How did you educate yourself about financial literacy? You know what, I was lucky enough to have some really good veterans around me. My family wasn't the type of family that really talked about finances even though we had the Sunday dinners. They never really said, Lamar make sure you understand credit.

I'm going to put this on record to say, in the past, most black families didn't really educate their kids on credit because there wasn't an understanding of credit. It didn't matter where you're from then. I'm from the islands, but I grew up in the U.S. and we never talked about credit. It was like, what's that? I learned about credit when I went away to college and began receiving a bunch of credit card offers in the mail and the effects of not paying those bills on time.

You get those credit cards in college and all you're saying to yourself is, this is free money and not realizing you have to pay it back. You don't really understand credit or the importance of credit until you have to buy that first car or that first home. Then unfortunately, if you're a ball player, you have enough money to just pay those debts off so you never really understand how it affects your credit and that how much you pay in finance charges is really determined by how well you pay your bills. You do have a lot of guys who go into the NFL not educated about their financial future. They're ignorant. They just don't know because no one ever taught them about handling their finances. **Say you have a mom on welfare with two kids. People complain about how they don't understand why she stays on welfare and not go get a job. What they fail to realize is that once you've been on welfare for a long period of time, you get hooked, complacent and have a lack of motivation to do anything other than the**

RETIRED DETROIT LIONS PLAYER LAMAR CAMPBELL CONT.

typical (live day-to-day). You can't just cut people off welfare without equipping them with the tools to be able to sustain themselves. They have got to learn how to earn a living and be educated on money management.

You know my son is four years old, but he understands interest rate. He would ask me for $1.00 to get some candy and chips and I would tell him he could have the $1.00, but he had to pay me back $1.25. I do that so he will grow up understanding credit and what I've been privy to. My parents didn't come from a lot of money, but I'm sure if they had known that credit was that important, especially in this market, I know for sure my parents would have made it a point to discuss finances. You know, it's been tragic for everyone the last 10 years or so. If they would have known this was something that I needed, they would have told me. They grew up struggling so they never had to worry about high money coming into the house-hold; they just got by. Their financial literacy was just to get by each month. Now times have changed. Credit has become so important; no telling what it's going to be like for the next generation.

Let's talk about young Lamar. You said that before you got into football, you were allegedly in a little trouble. What were some ideologies and processes you learned to cultivate who you are now?

Unfortunately, everything I learned came from bad experiences. If you look at my 7th grade picture, there are 12 males and only 5 of them are here to discuss anything today. Most went to jail or were shot and is gone. Recently, another friend passed away in the same place where my best friend died four years ago. It was the same exact place at 2, 3 in the morning for no reason; senseless crime. I lost my older brother while I was in college playing football. He was one of the only people who would tell me "listen little brother, you're gonna make it." He was also one of the guys who made sure I wasn't in the streets doing stupid things. My family tried to make sure I had that support. Those are things you learn from. You learn from experience: mistakes trusting the wrong people in the NFL with my money and bad investments. I was young, rich and thought I knew everything and gotten taken advantage of by my first accountant and tax guy.

You can't blame anybody but yourself?

And I don't blame anyone, that's why I'm not bitter about it. You can't hold onto the past. Mistakes I've made, I learned from them. I can teach on it now and I can never make that mistake again. I've learned due diligence. I've learned how to do background checks. Usually you want everyone to do everything for you because you want to relax after the season and hang out.

That is the same craziness a lot of artists go through. They are so focused on being such superstars and having all the swaged out gear that they don't pay attention to their finances. They are *"The Minimum-Wage Millionaires!" –Lamar Campbell*

In your first year of playing in the NFL, what was a major experience you encountered such as things you need to look out for that can help the next man going in?

As a free agent, I was a long shot to even make the team. I spent my little $2000 signing bonus on a $2000 used Chrysler Cirrus and drove up to Detroit with nothing to lose and not knowing what to expect from the situation. played with Barry Sanders, Herman Moore and Mark Carrier, hall of fame type guys and didn't know the world I was walking into. Thank God it was a friendly locker room for the most part. As a rookie, you never know what you're going into and I had a chip on my shoulder. This was grown man ball, coming from college. The first pre-season game, I think we played Arizona and they were really good back then. I got my head knocked off. I realized it was a business after that game. The next day we went back and watched the film and I never got cussed out and reamed at that much in my life. After the first game in the NFL, seeing how those coaches reacted and guys going through that first cut and being sent home, realized it was a business; a money making business. That was when my light really came on. I can tap a guy on the shoulders now and say listen, you play the game because you love the game, but this is a business so you need to start preparing yourself for the business side as soon as you sign that contract. You know, it's really not all fun and games as most people see on Sunday games and Monday night football with the glitz and glamour. I learned the difference and that's probably the biggest thing. As far as the lockout this year, I think that was a big wake-up call for a lot of guys. I look at that as a positive because you can look back and say wow, it really could be over. If that light had not come on for a lot of guys, it has now. This strike will also make guys put focus on their careers after football is over.

So when was it in your five years of playing for the Lions you said, I'm not going to play for the NFL forever, I need to look at my options after the game?

I don't agree that college athletes should be paid. I do agree, however, that they should receive a stipend. To keep them at an amateur level, technically, I don't think they should be on the payroll, but I do think they should receive something like a scholarship to take care of living and other expenses. You get a stipend with academic and music scholarships. With every scholarship you get a stipend, except athletic scholarships. Nine times out of ten the athletic department funds the school and builds high-rise condo dorms and 36 libraries. They had something of ESPN this week called "The State of College Football" and we all know what happened with University of Miami and what's going on with them right now and the big scandal. Nevin Shiparo, a University of Miami booster, is serving 20 years for running a 930 million dollar ponzi scheme. He turned over a lot of paperwork showing players being paid so they are under investigation right now. Most people don't know that the NCAA is a non-profit organization taking in over 600 million dollars last year alone.

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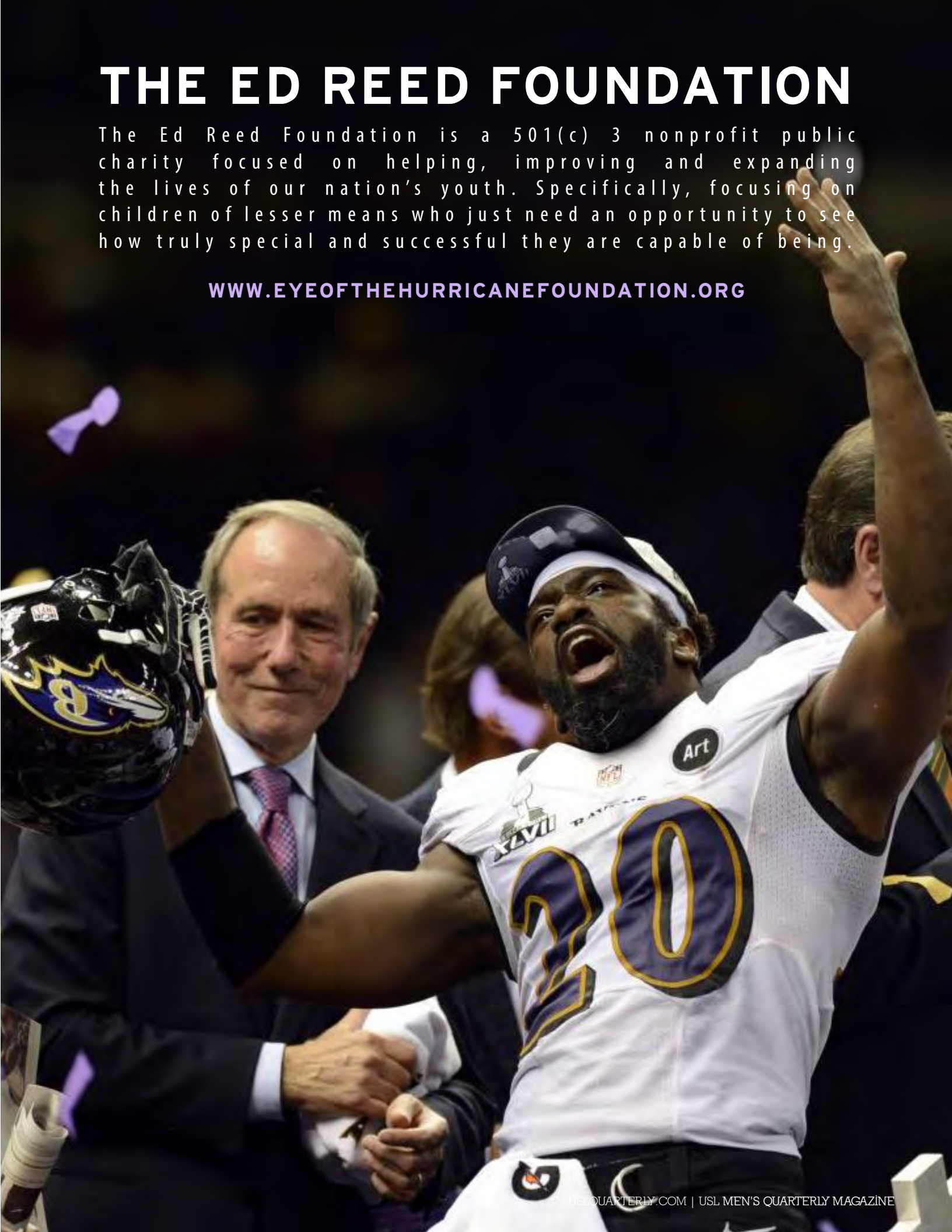

Photo By AP

WHAT TRUMP DİDN'T SAY ABOUT HİS FOUR BANKRUPT-CİES

By Alan Colme

Donald Trump didn't tell the whole truth at the debate about the four times his companies went bankrupt.

…Trump was exaggerating, experts said, when he said that virtually every business leader has filed bankruptcy. An estimated 5 percent of the 500 biggest U.S. companies have filed for bankruptcy in the past two decades, Georgetown law professor Adam Levitin said…

Some of the debt Trump's businesses took on was through bonds sold to the public, meaning bondholders who trusted and invested in the Trump name were left holding the bag. But the self-styled master businessman did not deal directly with small investors and said during the debate that the banks, hedge funds and financiers who have backed his projects "are not the nice, sweet little people that you think."

HİLLARY CLİNTON TO TACKLE STUDENT DEBT

By Julia Glum

Photo By AP

Democratic presidential candidate and former Secretary of State Hillary Clinton was reportedly preparing to debut her student debt plan next week and officially join the discussion around improving college affordability. An anonymous source close to Clinton told Politico that her proposal for student loan reform, which is expected to be one of the biggest issues in the run-up to the 2016 election, would be announced Monday.

"This will be the big-ticket item," the source said, adding that it would essentially set up a "mandate to act on college affordability." Clinton's proposal centers around a partnership between federal and state governments. States would get incentives to dedicate more funding to public colleges and universities, a move that the federal government would support with investments of its own, Politico reported.

The ultimate goal would be to decrease tuition -- and therefore lessen the financial stress on the nation's 21 million college students. Clinton was also due to unveil a proposal specifically for students enrolled in the nation's 106 historically black colleges and universities.

The Democratic front-runner has previously come out in support of college affordability. She mentioned lifting "the crushing burden of student debt" in her June kickoff speech, and at a campaign stop in May she added, "We have to deal with the indebtedness -- to try to move toward making college as debt-free as possible."

The cost of college has been rising for years, and it could soon reach a breaking point. Last year it cost about $18,943 for a student to attend a public college in his or her home state. Attending a public, in-state school is three times more expensive than it was 30 years ago. Students have responded by taking out loans: Members of the class of 2015 left school owing an average of $35,051, International Business Times previously reported.

Clinton's opponents have taken bold stances on the issue as their campaigns ramped up. Vermont Sen. Bernie Sanders, an independent who is seeking the Democratic Party's presidential nomination, announced in May a plan to make tuition free at four-year schools, and he introduced the legislation to support it. Former Maryland Gov. Martin O'Malley revealed his proposal in July, calling for students to be allowed to refinance their loans, freezing tuition and increasing states' investments in higher education.

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By Michael Andrew

One Great Blazer

One great fitting blazer say, "even when I'm blending in I always stand out." If you have the money, Bespoke (something custom made and hand tailored just for you) starts at around $2,000. If you're balling on a budget, Suitsupply, Mens Wearhouse and Jos A Bank have high stylings for about $200 to $400.

One silk cable-knit or cotton sweater say, "it's a wonderful life." If you have the money, Tom Ford, the arbiter of sexy, creates beautiful clothes period. If you have $30,000 or $40,000 to invest, he can cover all of these categories, but the reason, I would tell you to purchase his sweater is because he mixes delicate and attuned construction to a strong masculine presence like no one else can. When you put on a Tom Ford sweater, you feel cool literally and figuratively. If you are balling on a budget, Uniqlo has unique and very interesting selections of color and simplistic designs, that allow you to ease into the season effortlessly.

One Silk Cable-Knit Or Cotton Sweater

When purchasing items that compliment your style it's important to remember that fit and proportion are much more important than brand. You could spend thousands of dollars on a piece that is ill fitting, while the next man went to the thrift store or the tailor and put your look to shame. So I would advise all men to be careful when going out to buy clothes for trends. Instead, buy classic pieces that represent who you are. because they only get better with time.

One Great Leather Jacket

One Great leather jacket says; "it does not matter whom you said I was supposed to be..." If you have the money, John Varvatos, the classic American Luxury brand, always has amazing leather and suede outwear that you will keep forever starting at $1,000. Belstaff, an iconic company that began making bags, has traditional approaches to contemporary design at around $695, especially in its outwear. They are sure to have people hating

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One Statement Piece Or Accessories

One statement piece or accessories say, "why would you want to be me when you do you so well?" A statement piece is your thing and could range from the ridiculously expensive $100,000 watch or ring to something completely inexpensive, as a Navajo woven bracelet you got in Arizona for $3. It's what is unique to you. For me, it is hats, and slippers for the spring. My hats are custom made and can range from $150 to $300 and my slippers, which are currently procured from Stubbs and Wootton are around $495. However, accessories like my tie belts or scarves; usually cost around $3-$5 from the thrift stores.

One Well Fitting Dress Shirt

One well fitting dress shirt (including a proper collar) says, "I'm ready for the world!" If you have the money, buy the custom fit shirts or get them custom made. There is nothing better than having a shirt with the proper proportions, made just for you, with your own pattern and style. Shirts are not crazy expensive to make, this is a great way to get a taste of quality clothing, look and feel, starting $300. If you are balling on a budget, B. Oyama, a designer in NYC who has great designs, different collar lengths, slim and regular cuts; that are important when it comes to proportions, starts at around $175.

One Excellent Pair of Flat Front Lightweight Wool Pants

One excellent pair of flat front lightweight wool pants says, "I'm about business!" If you have the money, Brunello Cucinelli is my choice. Most all his fabrics are cashmere that allude to luxury and affluence and are extremely comfortable to wear. Note: If you're only buying one pair at around $900, wear them sparingly because his fabric is delicate and can begin pulling. If you're balling on a budget, Eredi Pisano, a cool Italian brand in NYC, elicits the cool "businessman" out of any patron who puts on their clothing. Their price point can be on the higher side, but they always have great sales starting at $300.

Converse Allstars

One Pair of Athletic Inspired Shoe

One pair of athletic inspired shoe say, "I still know how to play the game!" If you have the money, Tod's, which is known for it's driving shoes than the leather sneaker options, often go un-noticed but leather sneakers help keep a casual look, upscale and cool. So Tod's do start at around $400. If you're balling on a budget, Converse low tops, at around $65, are a great way to create a casual urbane look for the spring and summer days. You can also wear sneakers without socks, which say, "I'm winning the game, so I do not have to play so.

MEN'S GROOMING

DR. CARVER'S
easy
SHAVE
BUTTER
FORMULA NO.
6301–1
for effortless, delightful shaving
Dr. Carver's Easy Shave Butter unforgettably transforms the dread of shaving into the joy of softly wiping whiskers off your face. Like the friend you've been missing your whole life, you'll wonder how you managed with anything else. Thoughtfully crafted to facilitate the closest, gentlest shave imaginable, Dr. Carver's non-foaming application leaves your face feeling perfect every time. Goes great with a hot blade.
NON-IRRITATING & SAFE FOR SENSITIVE SKIN
NET. WT. 170 g • 6 oz

APPEARANCE IS EVERYTHING.

And a well groomed man is paramount in society. When your day has gone unexpectantly wrong, you can count on the slight smile of a passer-by or a humble gesture or word from a colleague saying, "nice shave, you look very handsome today." That'll put a smile on your face for sure. It happens every day, and you'll love the feeling.

Our grooming recommendations suggests current products we've used and works well. So if you are in need of better grooming, why not try these products and prepare yourself for warm smiles, gentle gestures and calm words, "you look very handsome today." -Patrick Kelly

EDITORS' CHOICE
MEN'S GROOMING

MEN, THERE'S NOTHING WRONG WITH EXFOLIATING YOUR SKIN. REMEMBER, YOUR FACE IS THE THE MOST IMPORTANT PART OF YOUR APPEARANCE, SO KEEP IT LOOKING GREAT.
CLINIQUE FOR MEN
face scrub exfoliant visage
CLINIQUE FOR MEN
aloe shave gel gel de rasage à l'aloès
CLINIQUE FOR MEN
anti-age moisturizer hydratant anti-âge

APPEARANCE IS EVERYTHING.

You really can't go wrong with Clinique For Men or Neutrogena Men, that is why I'm recommending both products. Use these products as recommended in the directions and if you're not sure, always comsult a physcian before using. -Patrick Kelly

HEALTH&FITNESS
THE WORKOUT

JD JACOME

How important is health, fitness, eating right and looking good?

Eating healthy and maintaining my health is very important to me. About 15 years ago I started working out. At that time, I just wanted to look and feel better about myself. So, I found a gym and started exercising. It was really hard at first. And I didn't see the results right away so I wanted to quit. But I kept going until finally I decided that me having the body I want is a decision I have to take seriously. It's not easy. It's work; a lot of work. This isn't a hobby for me, it's my lifestyle. I love feeling good about myself and the progress I've made. I love sharing the things I've learned with people that are just starting out. I know what feeling is and I love when I can do something to help others feel better about themselves.

What is your daily workout regiment?

My daily workout regimen consist of 45 minutes to 2 hours depending of the muscle group I will workout. I usually do a 15 minute warm-up followed by short but intense routines and I workout my abs while resting between sets. I repeat this 6 times per week. To compliment my workouts, I try to eat everyday; 5-6 complete meals based on the intensity, activity and calories I plan to burn that day.

Photos By Kurt T. Jones | KuJoPix
KuJoPix@gmail.com

WORK-OUT TIPS

Any tips you care to share about working out?

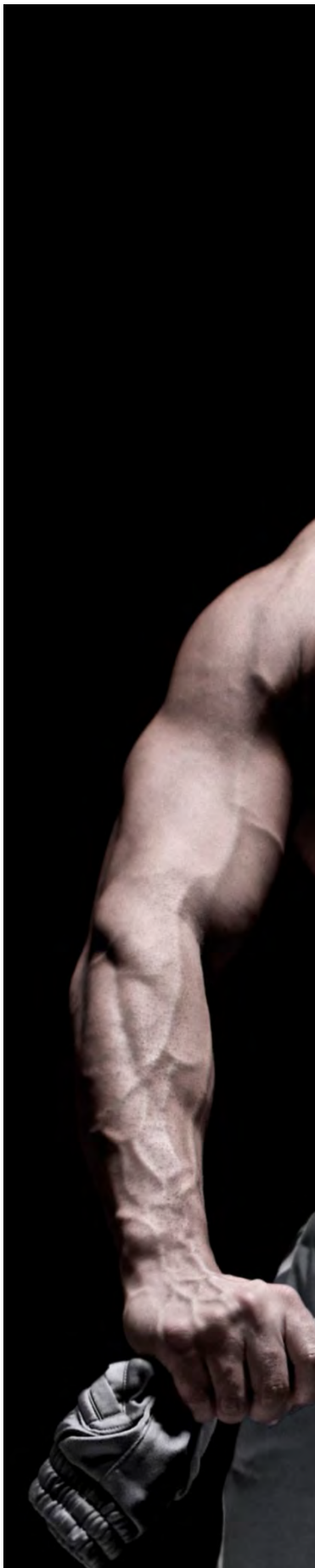
I know how difficult it can seem at the beginning in seeing the results of ones labor. The changes are small, but they come as long as you have consistency and moderation. First thing to understand is that everyone's body is different and you have to find excercises that you enjoy doing. If you like to ride your bike; bike more. If you like to swim; start swimming regularly. It's good to set realistic goals rather than drastic changes. Small goals will keep you from getting discouraged and help keep you motivated. I always suggest that beginners should start making small changes in their diet and write down a dietary plan and a workout schedule. Put it on your calendar and cross off the days that you stayed on track. It very quickly becomes a reminder of what the goal is and how dedicated you've been in achieving it. Focusing on the calendar and not the mirror will make your change more obtainable and create the state of mind you want about fitness.

BEST FEATURES

Im confident but nice. Im intelligent and well educated, mature and respectful. I think my best features are my eyes, legs and glutes. I'm very proud of my legs. For some reason it's the hardest muscle group for men to workout. I saw changes slow but with consistency and hard work they just took off.

WHAT'S NEXT

With modeling Im looking into more editorial and fitness projects as well as fine arts. Im working on a calendar and a website, as well. However, my main focus for the past few years has been marketing and advertising various products, businesses and services. I've built ads and campaigns for several businesses when I was living in Los Angeles. And I'm always grateful for new opportunities. If people want to reach me professionally, they can email me at jd_jl@live.com



YOUR HEALTH IS EVERYTHING.

XTREME NITRO

IS BLEND OF AMINO ACIDS, MINERAL AND VITAMINS THAT PROVIDE YOU BETTER HEALTH AND FREE FROM ALL KIND OF NEGATIVE AND HARMFUL EFFECTS. IT PROMISES YOU A MUSCULAR BODY AND SATISFACTORY SEXUAL LIFE.

EDITORS' CHOICE IN BODY BUILDING

Use this product as recommended or comsult a physcian before using.

HEALTH&FITNESS
A MODEL'S PERSPECTIVE

JOSEPH JOHNSON

How important is health, fitness, eating right and looking good?

Health, fitness, eating right and looking good are very important to me. Maintaining a healthy lifestyle, which encompasses all those areas have been a mantra of my life since age 12. My goal is to lead a healthy life and in doing so, help others attain their fitness goals.

Health is my number one reason for accomplishing the goals I have attained thus far. Without good health, my dreams will not become a reality. Being healthy allows me to remain focused on my goals. Having good health also gives me mental clarity and physical strength in my daily tasks and workout routines. Being one who is aware of the importance of health and its effect on my well-being, I strive each day to eat a balanced diet; rich in nutrients, coupled with a four-day- a-week workout regimen.

Fitness plays a very important role in my daily life. As a Competitive Sport Enthusiast, it is important for me to be in the best shape at all times. And as a certified personal trainer, physique competitor, power lifter and fitness model, fitness plays an integral part in my competitions. It determines my capability of winning.

Eating right is paramount to my success. On a daily basis, I incorporate a healthy balanced diet, which is Eating right is paramount to my success. On a daily basis, I incorporate a healthy balanced diet, which is always at the top of my list. Nutrition is absolutely important for the body as I have created a Nutritional Plan that I utilize daily. Without proper nutrition, I would not have been able to remain healthy and fit.

Looking good at all times is one of my top priority. One "never gets a second chance to make a first impression." I usually seize the opportunity to look my best for all occasions.

DAILY WORK-OUT REGIMENT

My daily work-out regiment entails the following: warm up with lunges and jumping jacks for 3-5 minutes. Dynamic stretches, 3-5 minutes, 45-60 minutes of full body training, 10-15 minutes high intensity interval training (cardio), At least 8-15 repetitions for 3 sets on compound exercises. Cool down 3-5 minutes. Complete the work out within 45-60 minutes.

Any Tips You Care to Share about Your Work-out?

Define your fitness goals. Be prepared. Be committed. Be resilient.

BEST FEATURES

My physique and resilience are my two best features. I am always complimented on my physique. People sometimes approach me about my physique and ask me to be their personal trainer. I am resilient; never gave up on the goals I have set to accomplish.

WHAT'S NEXT

There are a number of interests that I have been pursuing. For example, one of my career goals is to become an International Federation of Body Building (IFBB) Pro Physique Athlete. I am also preparing for the upcoming USAPL RAW Nationals Power Lifting and NPC Physique Competitions in July and October 2013. Finally, I am in the process of expanding my fitness business.

Photo By Jan Freire
www.jjfourfitness.com

TRAVEL&LEISURE

5 DESTINATION ATLANTA: HOT-SPOTS YOU SHOULD VISIT WHILE IN TOWN

JAMES W. BRASHEARS III
Entrepreneur, Tastemaker & Philanthropist

Chef Rob's Upscale Lounge
5920 Rosewell Road, Atlanta

Chef Rob's Upscale Lounge created and ran by celebrity chef Chef Rob Gayle is on my list of places to go in and around Atlanta. The Sandy Springs bar/lounge gives tastemakers and professionals throughout the city a unique experience. With a menu of assorted Caribbean tapas, cocktails, top-shelf choices, hookah, and signature wine selections, there is something for everyone. The alluring ambiance featuring contemporary furnishings plays host to an assortment of exclusive events, private mixers and social activations attended by industry influencers.

For the cigar connoisseurs, this swanky 1920s underground speakeasy experience sets the bar for the exclusive after dinner grown and sexy vibe. The cigar lounge of lounges… Prohibition is not a member's only establishment, but guests can only enter by securing the evening's password. This password (telephone number) must be entered into the dial on the phone inside an antique phone booth that opens once access is granted. With a full bar and late night menu showcased in a recipe book, passed down from generations, Prohibition is a must on the list of places to experience in Atlanta.

Prohibition
56 East Andrews (basement)

CZAR Bar
56 East Andrews Drive

Czar Ice Bar is a Vodka Bar experience like no other, tucked away in the heart of Buckhead. Offering the 300+ Vodkas of the world, this tucked away destination for Atlanta tastemakers provides the perfect blend between bar and lounge. Patrons can sit and literally "be cool" with an exotic vodka cocktail at a 4" thick and 27' long solid ice bar top. Featuring a full sushi menu created by the world acclaimed master sushi chef, Chef Saito Saito, CZAR Bar caters itself to the want-to-be-seen and not-want-to-be seen locals and visitors alike.

CRUZADO's Café and Lounge
366 5th Street

Cheers ... Where everybody knows your name! This is one of my new favorite spots. The coziness, location, and nightly vibe make Cruzado's Café and Lounge the place to go to just unwind, relax and mix and mingle with a great diverse group of Atlantans. The experience begins upon entry with the visually pleasing interiors done by Danto Designs designer, Danny Tovar. Offering some of the best Hookah in the city and a full bar with a Cuban/Caribbean twist, the experience is a city's one of a kind. Seating no more than 40-50 people at one time, this is the perfect place for a low key evening in the city.

_The Glenn Hotel
110 Marietta Street, NW

Located in the heart of downtown Atlanta, this boutique hotel gives you charm and comfort with top notch service. From the lounge known as The Living Room to the acclaimed Glenn's Kitchen offering a seasonal American cuisine with a Southern flair, The Glenn tops off at the SkyLounge rooftop bar with one of-a-kind views of the Atlanta skyline. The Glen also __offers a compelling experience in the heart of a happening city. Its new "Stay With A Friend" campaign sums up the entire experience... comfortable, familiar and very welcoming!

SAMSUNG
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12:45
Sun, 1 March

SAMSUNG Galaxy S6 edge

NEXT IS NOW

TECH&GADGETS

2016 PERDICTIONS FOR APP'S & BREAK-OUT TECH

We have some really cool APP recommendations for all you iPhone, Windows and Android lovers...

MAGIC — "a on-demand virtual-assistant service," **SNAPCASH** — "digital money transfer," and **CLARA** — "a robot that books your meetings for you." Also checkout **DIGIT** — a money saving app that "automatically transfers money between your savings and checking account," Facebook's **BUSSINESS FOR MESSENGER** —"a devoted app — between businesses and their clients," **TELEPORT** — "an app for digital nomads and those evaluating where to live," and **BE MY EYES** - an app that "pairs a blind person with a sighted person via smartphone."

SAMSUNG FLEXIBLE SCREEN

Remember the Tom Cruise movie "Minority Report," where an extra was reading a see-through, flexi-screen newspaper on the train? Well if you've always wondered about that technology, Samsung has made the distant future a reality with their Flexible Screens that can bend and fold. Now Samsung have to make it 60% see-through...

SONY PROJECT MORPHEUS VR - PS4

"A new dimension of gaming — VR is to deliver a sense of presence, making the player feel as though they've stepped inside the world of a game."

-Playstation.com

EDITORS' CHOICE

TECH & GADGETS

ART&CULTURE

ART BY MIKE MCCABE

Illustrations By Michael McCabe

The dancers like my typo portraits are all done for personal use. I create them to stay sharp and on key, I like to create illustrations that leads to commission, if the right people see them. I've created a few dance posters similiar to these, but sadly lost the files when my computer crashed.

Contact Michael McCabe:
Behance.net/MMcCabe
Twitter.com/slick1985mick

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Wait until you see what's in the next issue!

Photography By Steve Brokaw

Photography By Steve Brokaw

USL MEN'S QUARTERLY

ISSUE 6

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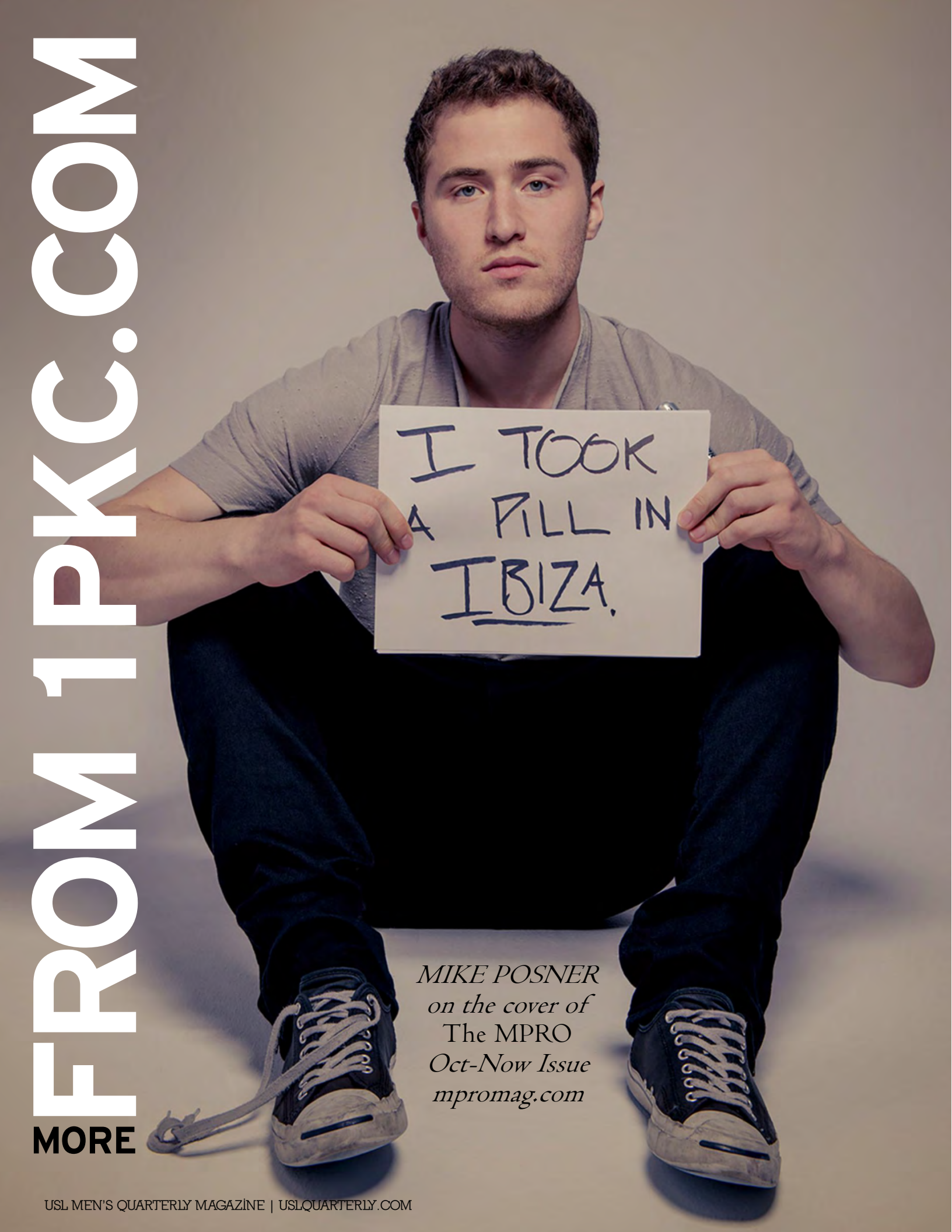

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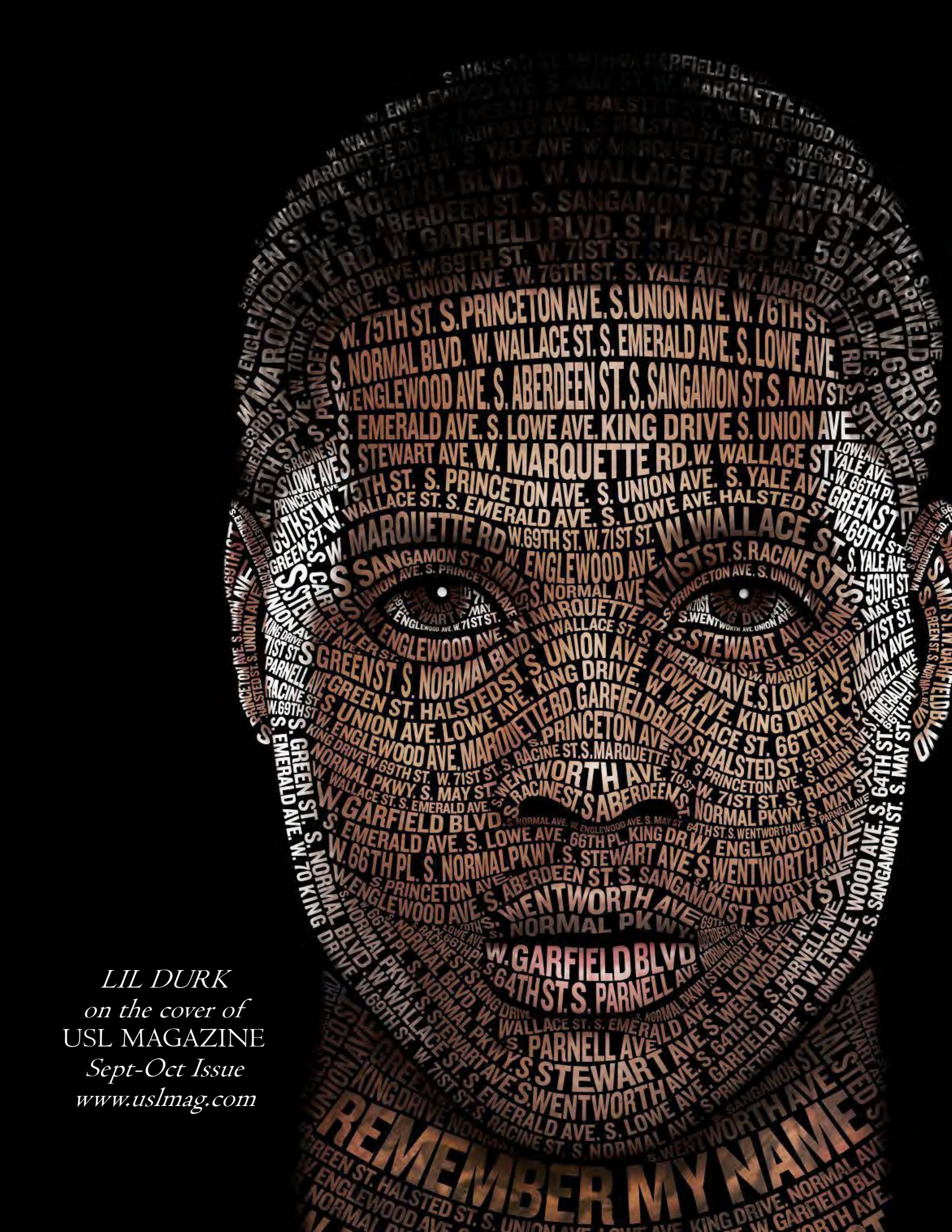
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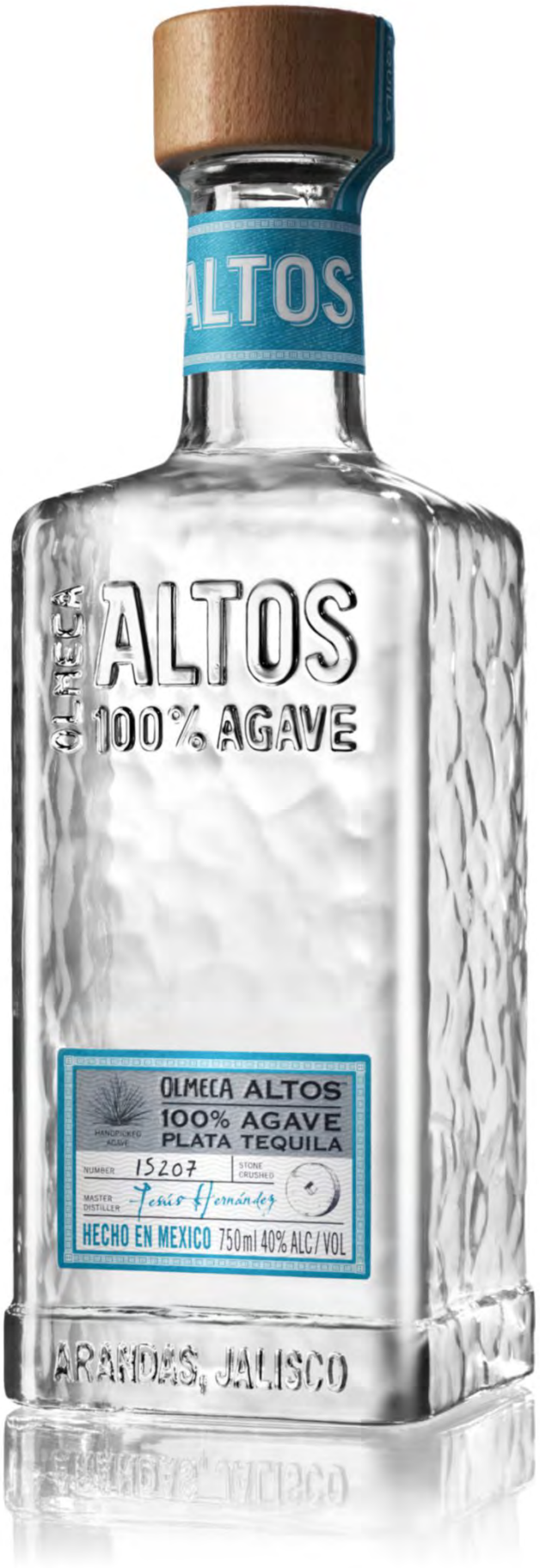

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